



# Vegetable Pancake with Cheese

## Ingredients

- ½ of a small round cabbage, shredded
- 1 small carrot, shredded
- 4 slices of low-fat cheese\*, shredded
- 2 tbsp of oil\*

### **Pancake mixture:**

- 120g of wholemeal flour\*
- ½ tsp of baking powder
- 2 eggs
- 200ml of low-fat milk\*

## Method

- Mix the ingredients for the pancake mixture together until smooth and set aside.
- Add in shredded cabbage, carrot and cheese into mixture.
- Heat a little oil in a frying pan.
- Pour pancake mixture onto the pan. Pan-fry until both sides are golden brown.
- Serve hot.

### **Tip:**

- Allow your child to experience the goodness of wholegrains by incorporating wholemeal flour into the pancake.



\*Choose products with the Healthier Choice Symbol.

